

Basic Report 04609, Animal fat, bacon grease

Report Date: September 20, 2019 20:40 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 tsp 4.3g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 0.00 | 0.00 |
| Energy | kcal | 897 | 39 |
| Protein | g | 0.00 | 0.00 |
| Total lipid (fat) | g | 99.50 | 4.28 |
| Carbohydrate, by difference | g | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 0.00 | 0.00 |
| Minerals | | | |
| Calcium, Ca | mg | 0 | 0 |
| Iron, Fe | mg | 0.00 | 0.00 |
| Magnesium, Mg | mg | 0 | 0 |
| Phosphorus, P | mg | 0 | 0 |
| Potassium, K | mg | 0 | 0 |
| Sodium, Na | mg | 150 | 6 |
| Zinc, Zn | mg | 0.11 | 0.00 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | 0.000 |
| Niacin | mg | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | 0.000 |
| Folate, DFE | µg | 0 | 0 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 |
| Vitamin A, IU | IU | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.60 | 0.03 |

| Nutrient | Unit | 1 Value Per100 g | 1 tsp 4.3g |
|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 2.5 | 0.1 |
| Vitamin D | IU | 101 | 4 |
| Vitamin K (phylloquinone) | µg | 0.0 | 0.0 |
| Lipids | | | |
| Fatty acids, total saturated | g | 39.004 | 1.677 |
| Fatty acids, total monounsaturated | g | 44.874 | 1.930 |
| Fatty acids, total polyunsaturated | g | 11.144 | 0.479 |
| Cholesterol | mg | 95 | 4 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |